

A lumbar support to be installed in a seat has an apex that varies vertically along a guide rail. The said guide rail has an upper stop and a lower stop. A bowing element disposed on the guide rail travels in a substantially vertical plane. A first bowden cable draws an upper portion of the bowing element downward until a lower portion of the 10 bowing element is in abutment with the lower stop such that a low convexity is formed in the bowing element as the bowden cable continues to draw the upper portion of said bowing element further towards said lower stop. A second bowden cable draws a lower portion of the bowing element upward until the upper portion of the bowing element is in abutment with the upper stop and such that a high convexity is formed in 15 the bowing element as the bowing element continues to draw said lower portion of the bowing element further towards the upper stop.